



How To Use A Turbuhaler®

CUE WORDS

1. **REMOVE** the cap & **HOLD UPRIGHT**.
2. **TURN THE BASE** in one direction and back.
3. **LISTEN FOR A “CLICK”** sound.
4. **EXHALE**.
5. **PLACE BETWEEN LIPS**.
6. **INHALE** quickly and deeply.
7. **HOLD BREATH** for 5-10 seconds.
8. **EXHALE**.